



NMCPHC QUICK HITS

The More You Know – Preventing Suicide

Military life can present many stressors and challenges for Sailors, Marines and their loved ones such as deployments, separation from family and even everyday duties. Learning how to positively cope with these stressors can improve your psychological health and reduce the risk of suicide, which is often associated with relationship and work problems. Knowing the warning signs and how to provide assistance can help service members, their friends and families, and leadership address psychological distress and ultimately, support suicide prevention.

Know the Signs

There are many signs that may indicate you or someone you know is in crisis. The acronym **IS PATH WARM** identifies high risk warning signs and behaviors that may mean an individual is at risk for suicide. [Learn more](#) about each sign to help your fellow Sailors, Marines and loved ones.

Ideation
Substance Abuse

Purposelessness
Anxiety
Trapped
Hopelessness

Withdrawal
Anger
Recklessness
Mood Changes

Know How to Help

- Ask** Ask if the person is thinking about suicide, actively listen to their answers and acknowledge that their feelings are valid.
- Care** Let the person know you care, discuss and show that you care about what is troubling him or her.
- Treat** If you suspect a person is thinking about or has a plan for suicide, never leave them alone. Seek professional care as soon as possible and help get them the treatment they need.

Three simple actions can save the life of a fellow service member or loved one. If you recognize the warning signs of suicide and are concerned about a fellow Sailor, Marine, friend or family member, let them know you are concerned and **ACT**.

Know How to Stay Psychologically Healthy

There are aspects of our lives which can help us strengthen our ability to deal with life's ups and downs and the stressors that may accompany them. These can include taking care of your overall health, such as eating right and working out and having and connecting with friends, family and community. Together these are important for overall psychological health and resiliency. It is critical to recognize and strengthen these [protective factors](#) so you can stay mission ready during times of extreme stress or crises.

Additional Resources

- The [Navy Suicide Prevention Program](#) offers resources and materials for Sailors.
- [Click here](#) for the NMCPHC Suicide Prevention website for more information on suicide prevention.

If you or someone you know is in crisis, call (800) 273-8255, text 838255 or chat the [Military Crisis Line](#) for immediate, confidential help 24/7. You can also call 911.

